



Moultonborough Recreation Department

# REC NEWS

Issue 41

Jan/Feb 2016

## INFORMATION

Registration forms and payments for all of our trips, sports, programs & events **must** be dropped off to our office at:

10 Holland Street  
or mailed to:

PO Box 411  
Moultonborough NH 03254

There is a gray drop box outside the office, where registrations & payments can be placed at any time. It is checked daily. **Please do NOT send payments or forms to MCS with your child.** Thank you!

If you have questions or suggestions,  
please call the office  
**476-8868** or  
visit our website at:  
www.  
moultonboroughnh.gov

Moultonborough  
Community Center &  
Recreation office  
are located at:  
10 Holland St.,  
Moultonborough, NH  
603/476-8868

Office hours:  
Monday-Thursday:  
8:00am - 4:00 pm  
Friday: Hours vary  
Please call ahead

## Children's Skating Programs

### Learn to Skate

Ages 5 & up

Tuesdays & Thursdays 4:00-4:30pm

January 12 - 28

(Make ups on Feb 2 & 4 if needed)

\$15.00

Helmet required No double runners  
Must be able to stand on skates  
Figure skates or hockey skates

### Beginner/Intermediate Figure Skating

Ages 5 & up

Tuesdays & Thursdays 4:30-5:15pm

January 12 - 28

(Make ups on Feb 2 & 4 if needed)

\$15.00

Must be able to skate unassisted the length of the rink  
Helmet required No double runners

### Instructional Hockey

Ages 5 & up

Wednesdays, 6:00-7:00pm

January 13 - February 10

(Make ups on Feb 17 if needed)

Must be able to skate unassisted for  
the length of the ice

Helmet with full face mask required.  
Elbow and shin pads recommended.

Pre-registration is required for all skate programs.  
All lessons take place at the Moultonborough Ice Rink at Playground  
Drive, weather and rink conditions permitting.



### Family Skating Party

January 31 2:00-4:00pm

Playground Drive Ice Rink

GAMES!

MUSIC!

COCOA!

GOODIES !

Free Family Fun for Everyone



**Adult Skating Lessons  
Beginner/Intermediate Figure Skating**

**Wednesdays: January 13 thru 27**

(Make up on Feb. 3 if needed)

**11:00am - noon**

**\$15.00**

**Moultonborough Ice Rink  
on Playground Drive**

(Weather and rink conditions permitting)

**Live on the edge!**

**It's never too late to learn how to skate or  
improve your figure skating skills!  
Bring back your childhood memories &  
join us on the ice for some great fun!**

Skate blades should be sharp.  
Don't have skates? Visit the Rec. Dept. –  
we have a small supply of skates that you  
may borrow while supplies last.

This class  
is for  
adults only

**SAVE THE DATE!**

January 1	Closed
January 12	Gym Days are back!
January 12	Figure Skate programs begins
January 13	Instructional Hockey begins
January 13	Adult Skate lessons begin
January 15	Winter Days begin
January 31	Family Skating Party
February 1	SafeSitter Class
February 2	New Pickleball session begins
February 6	3-4 Basketball Round Robin
February 12	Winter Day Make Up (if needed)
February 13	5-6 Basketball Round Robin
February 19	Father Daughter Dance
February 20	Cardboard Box Sled Race
February 22-27	Carroll County Bball Tourny

*Create your very own sled  
out of cardboard and try it  
out on the snow. Sleds &  
riders will be judged in  
various categories. Our  
judges love creativity!  
Ribbons will be awarded!*

**Join the Fun!  
Cardboard Box Sled Derby!  
Saturday, February 20  
1:00pm @ Playground Drive**



*Don't miss out on all this fun!*

**Safe Sitter® Class  
Monday February 1**

(There is no school in Moultonborough this day)

**9:00am-4:00pm @ Moultonborough Recreation Department**

**\$45 residents / \$50 Non residents**

Safe Sitter® is a program for 11-16 year olds to learn life saving  
skills when home alone or watching younger children. Your  
instructors are MRD staff, certified by Safe Sitter®.

This informative all day class will prepare boys & girls to  
safely stay at home alone or while watching younger children.  
Learn about stranger danger, basic first aid and choking rescue  
for infants & children. Learn behavior management  
techniques, how to diaper an infant and how to  
communicate with parents you babysit for.

**Pre-registration is required. Call MRD for information!**

**Father-Daughter  
Semi Formal Dance  
for girls in grades 2-6  
with their dads**

*(Father figure stand ins are welcome!)*

**Friday, February 19**

**5:30-8:00pm**

**at Moultonborough Academy**

**\$30 per couple**

**\$12 each additional sibling**

*Create special memories with  
your little girl.*

Full course turkey dinner included!  
Keepsake photo, flower, craft, & fun too!

**Pre-registration is required.**

Tickets available for sale at the  
**Recreation office until February 10.**

(In order to have enough food for everyone, we need an  
accurate count by Feb 10. Please adhere to the deadline)

**Winter Health Tip: Prioritize Sleep**

Regular sleep is vital to staying healthy. Don't  
let yourself get run down. Those who aren't  
well rested are more likely to get sick. A good  
night's sleep (or nap!) rejuvenates, helps  
reduce stress and keeps your immune  
system in fighting shape.

